RAM form mailed 10/31/78

September 9, 1978

Dear Mr Monroe,

I have just finished reading your book, "Journeys out of the Body", and I would like you to know that I feel it is the best book I have read on out of the body experiences.

I was particularly interested in your statements about mental illness. I have been in psychiatric hospitals twice, and after still not feeling much relief from the different episodes I've been through, (episodes such as hearing voices, racing thoughts, feeling invisible, instances where people can read my mind and vice versa), I was very interested in your relating these sort of episodes to the Second State.

In a way for me, it gives me hope - that perhaps I'm not doomed to live this way

for the rest of my life, and that if somehow I could be sure that my "illness" is related to the second state, I could experiment with it, and most likely, feel a great deal of relief along with it!

So, I just thought I would write to share this with you, and to let you know that I am extremely interested in your work and the work of the Monroe Institute.

Sincerely,

[redacted]

W. Redding Ct.
06896